

Domestic Violence: Its Everyone's Responsibility



Many perceive domestic violence as a private matter between a husband and a wife. Domestic violence includes incidents occurring between married or dating couples, those in lesbian or gay relationships and abuse of elders by family members.

Abuse is Not Always Physical

- **Emotional and verbal violence.** Put-downs, public humiliation, name-calling, mind games and manipulation often leave the deepest scars.
- **Isolation.** Many victims are not allowed to see family and friends due to the abuser's jealousy. This isolation may result in job loss due to absenteeism or decreased productivity.
- **Threats and intimidation.** The most terrorizing threats include those of physical violence, suicide or taking away the children.

What to Do

If you suspect a friend, family member or co-worker is a victim of domestic violence, you can help. Let the victim know that:

- You are afraid for their and/or their children's safety.
- The abuse will only get worse and she/he deserves better.
- You're there when she/he needs you or is able to leave.
- You will help her/him develop a safety plan.
- Best Care EAP is available to help (402) 354-8000 or (800) 801-4182.

Help End the Cycle

- Call the police if you see or hear evidence of domestic violence.
- Speak out publicly against domestic violence.
- Encourage your neighborhood watch to become concerned for domestic violence as well as for burglaries and other crimes.
- Reach out to support a victim, or by talking with a person you believe is being abusive.
- Help educate others by inviting speakers to your church, workplace or civic group.
- Support domestic violence counseling programs and shelters.

*For more information or if you are in need of help, contact your Best Care EAP. A professional counselor is available to help. Appointments are completely confidential.
Call 402-354-8000 or 800-801-4182 or [www. BestCareEAP.org](http://www.BestCareEAP.org).*



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM

**Domestic Violence Hotline
800-799-SAFE**